Oaklawn Walks

Tracking Calendar

January						
S	M	T	W	T	F	S

February						
S	M	T	W	T	F	S

March						
S	M	T	W	T	F	S

April						
S	M	T	W	T	F	S

May						
S	M	T	W	T	F	S

June						
S	M	T	W	T	F	S

July						
S	M	T	W	T	F	S

August						
S	M	T	W	T	F	S

September						
S	M	T	W	T	F	S

October						
S	M	T	W	T	F	S

November						
S	M	T	W	T	F	S

December						
S	M	T	W	T	F	S

Totals-Miles/Minutes
Yearly Total

- Commit to walking 30 minutes most days.
- Track your miles or minutes.
- Use the OAC indoor gym for free during inclement weather (must be registered with the Oaklawn Walks program.)

Derby Health collaborative